

LAST CALL

METRO PUTS TOUGH QUESTIONS TO THREE PARTY LEADERS

{pages 3, 4, 5}

Full interviews:
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OTTAWA

metro

Monday, May 2, 2011
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News worth
sharing.



BIN LADEN IS DEAD

President Obama confirms long-sought 9-11 mastermind killed during U.S.-led operation in Pakistan

ABC NEWS/THE ASSOCIATED PRESS FILE

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said last night.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

The development comes just months before the tenth anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan and then Iraq.

THE ASSOCIATED PRESS



► In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.

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Peter Mansbridge
Chief Correspondent

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CBCnews

Leaders give final pitches



► The first question we asked each leader was for their 'elevator pitch' ► Why should Metro readers vote for your party today?

► INTERVIEW QUESTIONS FOR THE THREE LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA

Stephen Harper, Conservative party

"We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working."

We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on."

The alternative, at this point, has become an NDP government with a very different path which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and



► Stephen Harper

set Canadian families back.

So, we think the country is on the right track economically and needs to stay the course. That's the biggest single argument we're making, and the other, of course, argument we're making along the way here is that we need a Conservative ma-

jority government and if you don't get a Conservative majority government you're not sure what you're going to be getting.

So, I don't think Metro readers should take the risk of an NDP government with an economic plan that is not thought out."

Michael Ignatieff, Liberal party

"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government, and do the one thing that we absolutely have to do, which is invest in the education of our young people from early learning and child care through the learning passport for people wanting to go to college and university."

That's the short version — basically a government that focuses on the priorities of the Canadian family ... I just think on Monday, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal govern-



► Michael Ignatieff

ment in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

Jack Layton, NDP

"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in parliament, the bickering and attacks going back and forth."

The divisive approach to politics that gets played out there and people want it fixed. They want the needs

of their family at the forefront, issues like retirement security. You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement and there's many people in the Ottawa-Gatineau regions who don't have access to a family doctor, this is a real crisis that needs to be addressed and there's still a

lot of unemployment in the regions around Ottawa and a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job.

These practical ideas will help address the issues that people want to be addressed. Our approach is so that we've got to bring change to Parliament Hill and we have the opportunity to do that on voting day."



► Jack Layton

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news


Victims of the American South's deadly twisters seek solace in Sunday service. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Still don't know who to vote for? Check out Metro Ottawa's candidate survey at metronews.ca/ottawa to get a read on what they think.

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04

metro

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MONDAY, MAY 2, 2011

► Metro asked the men who have a shot at Canada's top job to be accountable to Canadians ► Here's what happened

Metro asks the tough questions

DAVE CHIDLEY/THE CANADIAN PRESS



► People dance at a pre-election gathering in London, Ont., on Saturday. About 1,000 people showed up for a Vote Mob to encourage people to exercise their right to vote in the election.



Stephen Harper

How do you feel when your supporters drown out questions from reporters at your rallies?

I've taken every question every reporter has asked me in this campaign and, you know, I obviously don't control the opinions of every single member of my party. I think that's about all I can say on that.

You said all of minority government scenarios would lead to another election. If one of the other parties wins a minority government, would you then work with other opposition parties to immediately defeat that minority government?

Well, as you know, I'm in this election to win this election. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios. All of

those other scenarios — the NDP desire to form a minority coalition, get the backing of the Liberals and the Bloc Quebecois, that is unstable, that simply leads us to another election.

Jack Layton

This weekend the Toronto Sun's story saying police found you in a bawdy house massage parlour, but laid no charges as they had no evidence of an offence, came as a shock. Can you speak to the allegations and what impact this story will have on what was looking to be a fantastic showing by your party?

Well, I answered those questions in some detail (earlier) so I'm not going through it again. You'll find all of that available, you and your reporters. But this is a kind of smear politics that a lot Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics.

Michael Ignatieff

You've said during the campaign that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But, your party has gone down in the polls. With the level you're at, how do you expect voters to continue to see the Liberals as that and not the NDP?

Well, I just think on Monday, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government.

► METRO OTTAWA

Minority report

► If you don't win and voters elect another minority government what will you do?

► Will you consider a coalition with other opposition parties to defeat the minority government?

MICHAEL IGNATIEFF

"Folks, we are a couple of days from an election and it's the people that are going to choose. And when the people have made their choice I'm going to act. I've been clear right throughout about coalition, about what I think the rules of our constitution are. I will respect those to the letter.

"Why don't we let the people decide here, the people reading your newspaper are the people who are the boss. They're the people who are going to make the choice and I'll be happy to accept and work with whatever they decide ... I repeat, I'm running to form a Liber-

al government composed of Liberal members of parliament acting on the Liberal platform. That's my responsibility to the voters and I've been clear and I'm going to be clear right through to the election."

STEPHEN HARPER

"Well, as you know, I'm in this election to win this election. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios. All of those other scenarios — the NDP desire to form a minority coalition, get the backing of the Liberals and the Bloc Que-

becois, that is unstable, that simply leads us to another election ...

"As you know, there's been unusual developments in this campaign, is the best way to say it, nothing is predictable so everybody needs to vote. The choice is very stark. It will either be a Conservative government, Conservative majority government preferable, keeping the economy on track, or it will be an NDP government with reckless experiments with our economy."

JACK LAYTON

"Well we're working to defeat Stephen Harper. There might have been some who would have said that that's

not possible. I never believed that, neither do New Democrats and it appears that a lot of Canadians agree with us ... That's the goal that we're seeking and are working for right through until polls close (tonight) and hopefully we'll have that largest number of seats in the House and we can work with other parties to deliver the agenda that we've committed to work on.

"Getting more family doctors and lifting seniors out of poverty, creating jobs by supporting small business and the job creators. ... we'll work with the mandate that's given to us to get these things done." ● METRO



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Traders jolted by NDP surge

- Investors caught by surprise ► Analysts say coalition could make for volatile loonie, stock prices
- Latest figures on the health of Canada's job market are expected to be released May 6

The prospect that the New Democratic Party might gain more seats in today's federal election could cause a flutter in the market as traders seek to buffer themselves from political uncertainty.

"This isn't something the market has been ex-

pecting," said John Kurgan, senior markets strategist at Lind-Waldock.

Prime Minister Stephen Harper has delivered a dire message about what might happen under the NDP led by Jack Layton, warning of higher spending, deficits, taxes and unemployment.

Markets appear to share some of these concerns.

"The sudden surge by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," he said.




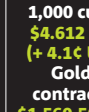
Friday poll figures sug-

gest the NDP and Liberals could win enough seats for a coalition government.

Douglas Porter, deputy chief economist of the Bank of Montreal, says a minority Conservative government is the most likely scenario.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
- 0.8 (13,893.6)	+ 0.50¢ (105.65¢ US)	+ \$104 US (\$113.90 US)	1,000 cu ft \$4.612 US (+ 4.1¢ US) Gold contracts \$1,560.50 US (+ \$29.30 US)

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Apple's big tech bites

Consumer technology companies reporting financial results this week are looking like rowboats bobbing in the wake of Apple Inc.'s supertanker.

Apple dethroned Microsoft as the most valuable technology company a year ago. In its mid-fall report, it surpassed Microsoft in quarterly revenue. In the January-March period this year, some prospective buyers are going to Macs instead. Apple reported that it sold 28 per cent more units.

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Sony. Sorry



SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Sony to beef up security measures

"We deeply apologize for the inconvenience we have caused," said Kazuo Hirai, chief of Sony Corp.'s PlayStation video game unit, after a PlayStation security breach. Hirai said some service will return this week and promised tighter security.

RAGWEED ALLERGIES?

Ever wonder what it would be like to be symptom-free during the ragweed pollen season?

The Allergy and Asthma Research Centre is testing an investigational oral medication for the treatment of ragweed allergies that may have the potential to ease allergy symptoms for an extended period of time.

You may be eligible to participate if you are between 18 to 55 years of age and have ragweed allergies.

Qualifying participants may receive up to \$800.00 upon study completion.



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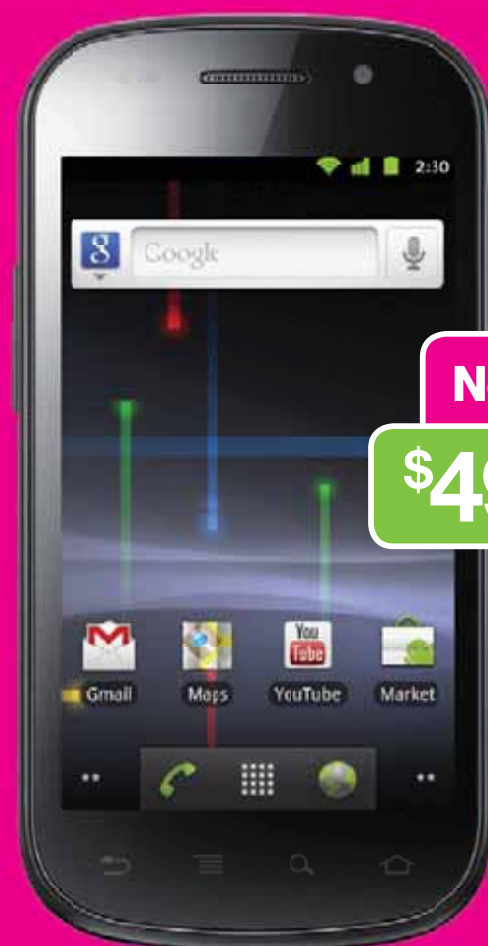
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Then comes the Great Drought of 2011 and just like that, the magic is gone for 80,000 south-end residents. When the Woodroffe water main broke in January, the area was left sucking its water through a smaller backup pipe, which was sufficient for winter demand but not for sprinkler and swimming pool season.

Last week's surprise ban on outdoor water use in the area, expected to last into August when the water main is repaired, understandably has Barrhaven, Manotick and Riverside South residents on edge. They want to know why there wasn't more warning, and

We've let maintenance and replacement of our infrastructure slide by a billion dollars or so, and among the legacies of that neglect is the decay of our water system.

what's going to happen to their sweltering kids and baking lawns this summer, which Environment Canada predicts will be a hot one.

Still, Walkerton it ain't. Drinking water's fine, toilets are flushing, and the city has tapped \$2 million in reserve funds to keep things wet.

This includes a \$50 subsidy towards the purchase of rain barrels, on which there was an immediate run at area stores. With any luck, the popularity of these water-savers will endure after the pipes are

gushing once again.

Less comprehensible is the city's decision to top up swimming pools and hot tubs all summer, at a cost of \$200,000.

It's this, say city staff, or worry about pool owners flouting the ban, depressurizing the system and consigning their neighbours to a summer of boiling their drinking water.

But that's why we have fines, \$500 and up. Perhaps someone has calculated that this freebie is cheaper than actual enforcement.

Still, water welfare for some of the biggest residential water hogs rankles. If you are determined to play Marco Polo in the middle of a water outage, you could perhaps pay for it yourself.

This is the first time Ottawa's instituted a water ban in 20 years, but we might have to start getting used to such orders. We've let maintenance and replacement of our infrastructure slide by a billion dollars or so, and among the legacies of that neglect is the decay of our water system.

There will likely be more breakdowns, and as Canadians, some of the world's worst water-wasters, we should probably rethink our attitude towards that magical, ever-flowing tap.

Steve Collins is a journalist and freelance writer living in Ottawa.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes, the news is tough to take. But Canada is full of compassionate individuals, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study at the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos



IAN WILSON/FICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scan-

dals and celebrity meltdowns, get a good news fix — who knows what you might be inspired to do.

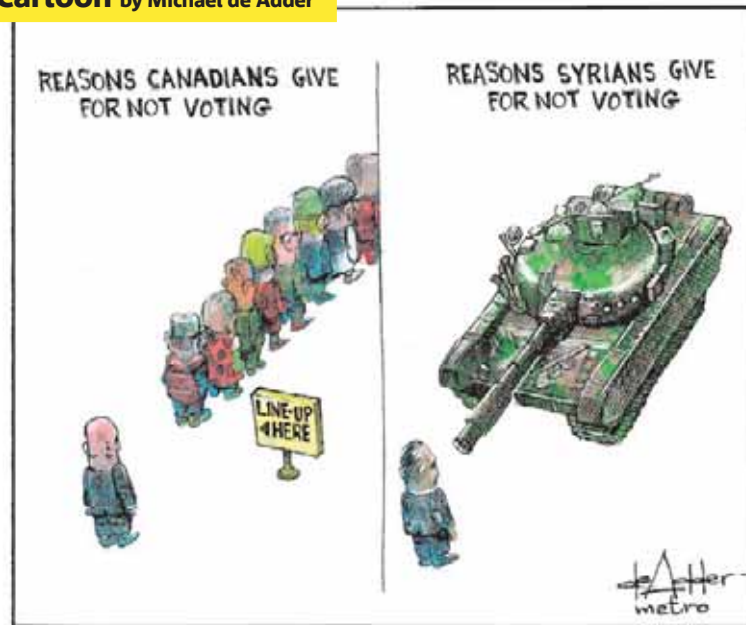
Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

● CRAIG AND MARC KIELBURGER
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Tweets

- ▶ @MartinCarel: Not long ago, Canada was described as a self-governing colony, [an] oxymoron like Microsoft Works or Ottawa nightlife.
- ▶ @amberkungfoo: RT @nepeancarleton: I live in what is called a "rural subdivision" in SouthOttawa. NOT ONE campaign has come to my door :(Only mail...
- ▶ @alkerton: Wouldn't help me as I need a new photo card, but someone tell me again why so few places sell #octranspo passes?#ottcity
- ▶ @oneilbrooke: @ottawa-health if you were concerned about child development, why do you fluoridate the water? #OTTcity
- ▶ @giuliaforsythe: I wonder how many EST folks are planning civil disobedience? MT @clintlalde #tweettheresults
- ▶ @politixgirl: Not registered 2 vote? Enter your POSTAL CODE at ELECTIONS.CA & locate your polling statn. Bring correct ID! v/ @Adam_Stirling @Nelly-Furtado
- ▶ @Alisonfrehlich: RT @emilywexler: Not gonna vote? Think of the ppl in the world who would give their lives to have a say in who runs their country.

Cartoon by Michael de Adder



WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that buckled its floors and sagged its ceilings, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system,

apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hang up and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

5 great car movies

► With Fast Five burning rubber in theatres, let's look back at some great car movies of the past ► What's more important, a good road trip or a chase scene?



Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. (Warren Oates) who is named, aptly, G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.



American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.



Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently bad-ass.

As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger.

Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.



Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.



The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

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2

scene

Scene in brief



Fast Five has left the competition in the dust with an \$83.6 million US debut to grab the No. 1 spot at the weekend box office. Studio estimates released yesterday show Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening.

THE ASSOCIATED PRESS



Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included



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Faites de la fête des Mères un événement vraiment spécial cette année. Rendez-vous au 240 Sparks, au coin des rues Bank et Queen!



► Nick Cannon and Mariah Carey became parents to a baby girl and boy over the weekend.

Carey gives birth to two children

Mariah Carey and Nick Cannon celebrated their third anniversary with another milestone — becoming parents to a baby girl and boy.

Carey's representative, Cindi Berger, confirmed the births to The Associated Press. The singing superstar gave birth Saturday at 12:07 p.m. EDT at an undisclosed hospital in Los Angeles. Berger says the baby girl was born first, weighing five pounds, three ounces, and was 18 inches long; her brother was next, at five

pounds six ounces, and was 19 inches.

Berger says the couple has not named the children yet. Cannon drove Carey to the hospital in their Rolls-Royce Phantom. Berger said the 41-year-old Carey, who had gone through false labour, was calm, thinking that it was another false alarm. Meanwhile, Cannon was so nervous he went to the wrong department at the hospital, and was guided to the maternity ward by a nurse. **THE ASSOCIATED PRESS**

Watson denies claims that she was bullied

► Harry Potter actress says she is not leaving Brown because of mistreatment by other students ► Is thinking about doing a semester abroad

Emma Watson, the British actress who plays Hermione Granger in the Harry Potter series, on Friday denied reports that she was bullied out of Brown University — an assertion backed up by fellow students who said that, if anything, she was shielded from being singled out.

"The reason I took a semester off from Brown had nothing to do with bullying," Watson wrote on her website. "I have never been bullied in my life and certainly never at Brown."

Watson said she is not sure what her plans are for the fall semester, the beginning of her third year. Like many of her "fellow Brown students," she wrote, she is considering studying abroad.

Brown has not commented on media reports this month citing an anonymous Brown "insider" who claimed Watson was bullied out of school.

A New York Daily News article posted online April 21 claimed that when Watson responded correctly to questions in class, her classmates would shout, "Three points for Gryffindor!" — a reference to the Harry Potter films, in which students' dormitory houses are awarded points for questions they answer correctly.



► Emma Watson says she has never been bullied in her life.

Watson's character lives in Gryffindor.

"This '10 points to Gryffindor' incident never even happened," wrote Watson, who has denied that rumour before. "Accusing Brown students of something as serious as bul-

lying and this causing me to leave seems beyond unfair."

The rumour that a student had once exclaimed "10 points for Gryffindor" after Watson answered a question correctly became widespread on campus in

spring 2010, the semester during which it was alleged to have happened, according to several current and recent Brown students interviewed by The Associated Press.

But, they said, it was viewed as part of Brown folklore, and students were, if anything, protective of Watson.

"We try to take care of our own at Brown, and I think we try to make sure she feels like anybody else," said Megan Estes, a Brown junior who said she doesn't know Watson but worked on the production of a campus theatre production in which the Harry Potter star acted.

Apart from the Gryffindor comment, there was little sense on campus that Brown students heckled or antagonized Watson, said Estes and other students.

In class, students were respectful of Watson, said Bianca Dahl, a visiting professor who teaches a course on global humanitarian aid that Watson attended briefly at the start of the spring 2010 semester.

"There was an awareness of her, but in a protective way," Dahl said. "I can't fathom that faculty or students would allow bullying to happen."

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Tyson's tattoo giving film a bad hangover

► **Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2**

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the movie features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

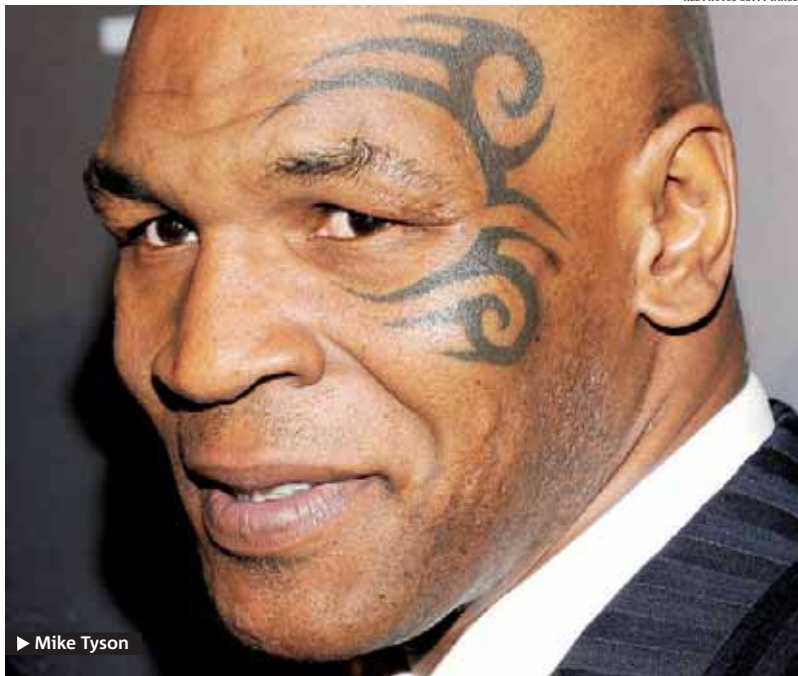
"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue.

"This unauthorized exploitation of the original tattoo constitutes copyright infringement."

● METRO

"Mr. Tyson agreed that Mr. Whitmill would own the artwork."

TATTOO ARTIST'S LAWYER



► Mike Tyson

ALL PHOTOS GETTY IMAGES

Lorre's life without Sheen

Two and a Half Men creator Chuck Lorre discussed plans to reboot his hit sitcom without former star Charlie Sheen, and Sheen is less than thrilled by the news.

The actor expressed his disappointment in a letter to Lorre, submitted to

"No one cares about your feeble show without me. Shame on you."

CHARLIE SHEEN

TMZ.

"No one cares about your feeble show without

me. Shame on you. Not even a phone call to the man that put you on the map. The man that put \$500 million in your pockets," Sheen writes.

"You've been warned. Reap the whirlwind, you cockroach, reap it."

● METRO



► Charlie Sheen

Talking points

Whoopi getting back into the Sister Act

NOTHING LIKE REHASHING THE PAST Whoopi Goldberg is in Austria to promote Sister Act, with her trademark slapstick humour.

She slipped off her high-heeled sandals at Vienna's Ronacher Theater on Friday when she realized she would have to stand during a media preview of the musical, which opens there in September.

"I thought I was going to look good coming in and sitting down," Goldberg told a laughing audience. **ASSOCIATED PRESS**

Hilton thief gets convicted

LIFESTYLES OF THE RICH AND FAMOUS A jury has convicted a man of trying to burglarize Paris Hilton's home last year.

District Attorney's spokeswoman Jane Robison says jurors deliberated for less than an hour Friday before convicting Nathan Parada of first-degree residential burglary for trying to break into the hotel heiress' home last August.

Hilton testified this week about she and her boyfriend being awoken after



Celebrity tweets



"congrats to William and Kate ...and Kate's sister."



@Justinbieber



@RyanSeacrest

"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!"

@NickyHilton



"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."



@KirstieAlley

"I would like to see an immediate media shift today from the glorious Royal wedding to the desperately needed help right here at home.. PLEASE"

Parada banged on one of the house's windows with the butt of a knife.

A defence attorney told jurors that Parada had left a halfway house days earlier and had not taken his antidepressant medication for several days.

Parada faces up to three years in prison when sentenced.

ASSOCIATED PRESS

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MAY 8: Mother's Day – Floral Demonstrations & Giveaways, Music in the Tulips

3
life

A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health.

METRO WORLD NEWS



Flea control for pets is easy with the right products; several new options on the market.



► Laura Miller

Stay fit, like mom

► Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ► Who wouldn't want to look like her?



SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time, cost and nutrition?

One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a lean meat

ready to go, it saves time and makes preparing healthy meals easier.

What's your go-to snack?

Right now its Greek yogurt with fresh fruit like strawberries, peaches or pineapple. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre.

That's great but if there's leftover crackers from my kid, or

she didn't finish her burger, I'll polish it off. Help?

It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place.

A new study came out, saying that parents exercise less than those without kids. Duh!

I have no time for the gym. What do you suggest?

Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. The

most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit woman. Do you have kids?

I have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example when it comes to diet and nutrition because children are sponges and soak up everything around them.

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ROGERS™

Satisfy the cookie monster in you

NEWS CANADA



► This recipe makes about three dozen cookies.

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth.

The first one is for Almond Orange Cookies that combine fresh flavours into a tender package.

Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

Preparation:

1 In food processor, grind almonds until very fine. Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.

2 In large bowl, with electric mixer, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add

almond and flour mixture and combine until dough forms.

3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap logs in parchment or waxed paper and freeze for at least 2 hours.

4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and

place 1 inch (2.5 cm) apart on prepared baking sheets. Bake in a 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear light golden brown.

5 Cool cookies for 1 to 2 minutes on baking sheet and then transfer to cooling rack. Store in airtight container for up to 1 week.

NEWS CANADA

Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated

- ed sugar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil blend
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

Oh My Goodness Cookies



This oatmeal cookie cuts the butter with avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

1 In bowl beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with

flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mix; stir until combined. Stir in pear and raisins.

2 Arrange oven racks in upper and lower thirds of oven. Drop heaping spoonfuls of dough onto parchment paper-lined baking sheets. Bake in 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly browned. Transfer cookies to rack to cool. **NEWS CANADA**

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

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Oscar the green grouch

► Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date



HEIDI PATALANO
LIFE@METRONews.ca
METRO WORLD NEWS IN NEW YORK

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?

I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

What makes recycling fun?

Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin.



► The king of recycling.

And I sort through it. I roll in it. I toss it up and dance in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the boooooody.

So what kinds of things do you reuse?

I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get

new food. Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?

Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's

good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful. They eat the roots of some of your vegetables.

How do you explain the importance of recycling?

It's good for kids to realize that they're all part of the community. The world is a great big community. I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

What's your least favorite non-recyclable product?

Batteries. They have to be disposed of very carefully.

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► Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

Motivation in song

► Cindy Ashton conquered cancer, sets out to motivate

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.ca



She was born with severe health issues and was only given a 20 per cent chance of survival.

A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to

Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when

the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift."

As Gandhi said, "Be the change you want to see in the world."

To flirt or be respected

Are you the office flirt? If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes

Helaine Olen, author of Office Mate.

"We still have a lot of sexist assumptions about flirting in the office," she says. "If you do it often you're going to be perceived as less serious, that's just a given."

Anderson agrees.

"For women, the gender issues are quite significant."

But gallivanting men,

she adds, would be fooling themselves to think they can play cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk ... for people who are straight, gay, or lesbian," Anderson cautions. "You are either seen as a professional, or you are not. You cannot be both," she continues. ● DREW HINSHAW

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Get Ready

Recalling Toyota's recovery

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

In automotive marketing, there are many things that are in the control of the manufacturer — the design and quality of the vehicle, the experience a shopper has when they enter a dealership, and even that infamous new car scent.

After the transaction takes place and you hand the keys to the customer, you can only hope that all the precautions and standards you've taken in the manufacturing process provide a safe and sound machine.

In the case of Toyota, a single incident in August 2009, which was captured by a terrifying 911 call from a family in California, created one of the greatest crisis

Toyota had ever faced — this in addition to the pummeling recession.

Authors Liker and Ogden describe how “over the course of the next six months, Toyota would recall more than 10 million vehicles.”

For a company that was built upon pillars of quality and safety, this incident sparked a media witch-hunt with accusations against Toyota “of turning a blind eye to customer safety.”

After a \$1.5 million, 10-month study of Toyota electronics by the National Highway Transportation Safety Administration, the results were announced this past February by the Secretary of Transport that “there is no electronic-based cause for unintended high-speed acceleration in Toyotas. Period.”

Turns out, an outsized

floor mat was the culprit, having been incorrectly installed by the dealership.

In their book, *Toyota Under Fire*, Liker & Ogden have closely examined what Toyota did to get through the crisis — and essentially, it was not much different than what they did before.

“Toyota’s approach to leadership and operational excellence was based on a philosophy and culture, now known as The Toyota Way, that extended back to the company’s founding.”

The dual crisis forced Toyota to look at itself with greater scrutiny, all this resulting in a 2.2 billion dollar profit for their fiscal year ending March 30, 2010.

CRAIG LUND IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC.



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NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDER- STAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their

conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.



Is it just stress or is it something else?

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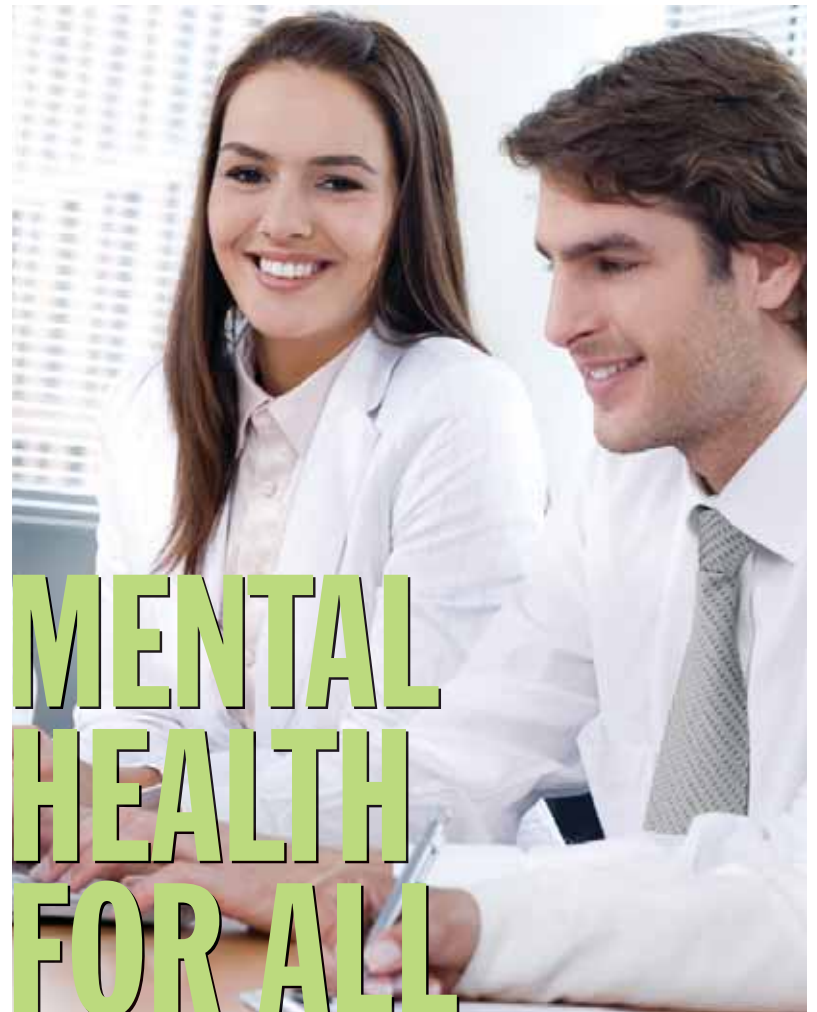
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Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor
or visit **DepressionHurts.ca**



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The

Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses \$15 to \$33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to \$51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT



Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. “With patience and understanding, parents can usually help their kids overcome these and other common childhood fears,” says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can’t understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

“Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else,” says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS

Children need to know they’re loved and

that their parents will set definite limits on what they’re allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it’s unusual for healthy kids to die—and offer lots of hugs.

PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.



I read.
Aster 34, Student

I hit the gym when I can.
John 58, Electrician



Chill with my friends.
Brian 23, Student

I like being creative. It's my drug.
Zile 41, Artist



My fiancé and I play instruments.
Michelle 29, Costumer

I meditate.
Brata 54, Musician



Do things with my family and
for my community.
Gregor 43, Executive Director

Hang out with my kids.
They keep me balanced.
Jyoti 44, Teacher

What do you do for your mental health?

May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. **Mental health for all. Find out more at www.MentalHealthWeek.ca**



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WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

What's hot this summer

► It's that time of year again when parents are racking their brains figuring out what to do with the kids this summer ► Always eager to help, camp programmers are coming up with the wild, the wacky and the trendy

ALEX NEWMAN
LIFE@METRONEWS.CA

Are your kids glued to forensic science shows? Let them find out what the specialists actually do on the job. University of Lethbridge (cnf@uleth.ca) and British Columbia's BCIT Centre for Forensic and Security Technology (bcit.ca) both offer summer camps with professional instruction. The programs put kids through their paces examining crime scenes, analyzing the evidence and using DNA technology to solve the crime.

If slack-jawed kids in front of video games isn't your idea of a summer well spent, get them behind the computer in-

stead. At BCI Digital Media Academy, University of British Columbia, kids ages six to 17 learn all about technology — the software used in Hollywood or in video games (digitalmediaacademy.org).

Riding the crest of Glee popularity is the three-session brainchild of Vancouver jazz singer Sara Zacharias. Last summer was the first year and sold out almost immediately. Some kids have "extraordinary" talent, Zacharias says. Others have passion, but all get a solo in the last night's performance.

Ashley MacIsaac's bad boy image has done wonders for the art of fiddling, and this year for the first

time in P.E.I. an impressive group of globe-trotting musicians will be teaching kids of all ages and stages how to fiddle Acadian and Celtic style (peifiddle-camp.com).

So you think all teens are self-centred mall rats? Apparently not. Me to We, the social action organization founded by Craig Kielburger, offers social justice themed summer camps that fill fast, according to PR director Angie Gurley. "Kids spend the week figuring out what their passion is in the world, looking at various world and social justice issues like child labour, then get to work on their action plan." On the last day of camp, the teens head into the community



► There's a lot more to summer camp these days than canoeing.

to volunteer at their choice and leave camp with an action plan to help them continue (metowe.com).

Camp can be fun and teach responsibility. P.E.I.

parents who want their kids to learn to cook should check out Kids R Cooking boot camp in Charlottetown. For four days, kids ages seven to 17 don chef whites, receive

professional instruction, and "eat what they make," says director Marsha Doiron. Offered through Holland College, the program is \$300 (culinarybootcamps.com).

Séjours exploratoires de carrières de La Cité collégiale pour les jeunes de 12 à 16 ans

Les disciplines :

- Photographie numérique
- Animation 3D
- Esthétique, coiffure et maquillage
- Arts culinaires
- Services policiers
- Architecture et génie civil
- Mécanique automobile
- Biotechnologie



Notre 3^e édition des Séjours exploratoires de carrières aura lieu pendant les trois premières semaines de juillet, soit du **4 au 22 juillet 2011**, de 9 h à 15 h du lundi au vendredi. Chaque séjour, **au coût de 165 \$**, est d'une durée de 5 jours. La date limite pour l'inscription est le 27 mai. Téléchargez le formulaire d'inscription de notre site Web.

Pour plus d'information, communiquez avec Jocelyne Agnew

sejourscarrieres@lacitec.on.ca | 613 742-2483, poste 2891
www.lacitecollégiale.com



► New York Yankee
Curtis Granderson.

Yankees bats power past Jays

5 **2**

YANKEES

JAYS

Curtis Granderson hit a three-run homer, Mark Teixeira also went deep and the New York Yankees powered their way to a 5-2 victory over the Toronto Blue Jays yesterday.

The Yankees took the final two games against the Blue Jays to remain unbeaten (5-0-1) in the home series.

Ivan Nova (2-2) pieced together his second straight positive outing for New York, allowing two runs on six hits over 5½ innings. He allowed six hits and four walks. Mariano Rivera worked a perfect ninth inning for his 10th save.

Adam Lind hit a solo homer, Rajai Davis swiped three bases and

David Cooper had his first two career hits for Toronto, but it still wasn't enough support for Jesse Litsch (2-2).

Litsch allowed five runs on six hits and two walks, losing for the fourth straight time against the Yankees. He is 1-5 with a 6.03 earned-run average in seven career starts against the Bronx Bombers.

"He threw the ball well enough to keep us in the game," Toronto manager John Farrell said.

The Blue Jays put a pair of runners on in the seventh, but reliever Boone Logan made a nifty behind-the-back grab on a sharp groundball by Lind and threw him out to end the threat.

THE ASSOCIATED PRESS



► Sharks centre Logan Couture watches as a shot by teammate Niclas Wallin scores yesterday.

Sharks clip Wings again

► San Jose takes 2-0 lead in series against Detroit ► Antti Niemi makes 33 saves for the win; Ian White and Niclas Wallin score for Sharks

The defencemen are scoring, the high-scoring forwards are working in the defensive zone, and Antti Niemi played the same way he did when he knocked San Jose out of the playoffs a year ago.

That all added up to another win for the Sharks and a 2-0 series lead against the Detroit Red Wings in the Western Conference semifinals.

Ian White and Niclas

2 **1**

SHARKS

RED WINGS

Wallin scored their first goals of the post-season. Niemi made 33 saves and the Sharks put together a complete performance to beat the Red Wings 2-1

yesterday. Niemi helped kill off three penalties in the opening half of the first period and came up with countless big saves in the final two periods of perhaps his best playoff game since helping Chicago sweep San Jose in the conference finals a year ago.

"We like him on our side a lot better," forward Dany Heatley said. "He's a steady guy. He makes the saves he should make; he's

in position. And he makes a lot of saves he shouldn't make. He changes games for us sometimes."

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the second straight year.

THE ASSOCIATED PRESS

Heat draw first blood against Celtics

Dwyane Wade knew his regular-season numbers against Boston were lacking.

He also knew that wouldn't matter in the playoffs.

And Game 1 — which seemed more like Round 1 — of what's already an emotionally charged series went to Wade and the Miami Heat.

Wade scored 38 points

99 **90**

HEAT

CELTICS

on 14 of 21 shooting. James Jones set a Miami post-season record with 25 points off the bench, and the Heat beat the Celtics

99-90 yesterday to open their Eastern Conference semifinal series.

"It's a big game. It's Game 1, at home," Wade said. "You've got to take care of home court. These guys expect this from me. I wasn't giving it to them in the regular season versus them and I wanted to come out today and be a leader."

THE ASSOCIATED PRESS



► Dwyane Wade drives past Kevin Garnett.

4
sports

Quoted



"Hey guys just want to say that I am OK. I'll need to see a doctor in the next days! Yesterday I was told it was not a retina problem."

WELTERWEIGHT CHAMPION GEORGES ST-PIERRE VIA TWITTER YESTERDAY. THE MONTREAL NATIVE'S LEFT EYE WAS INJURED EARLY IN HIS TITLE DEFENCE AGAINST JAKE SHIELDS AT UFC 129 IN TORONTO SATURDAY NIGHT. GSP PREVAILED DESPITE ONLY BEING ABLE TO SEE A "BLUR" THROUGH THE INJURED EYE.



Scan code for more sports

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS
(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY
(Tampa Bay leads 2-0)

Last night's result

Tampa Bay 3 Washington 2 (OT)

Tomorrow's game

Washington at Tampa Bay, TBA

Wednesday's game

Washington at Tampa Bay, 7 p.m.

Saturday, May 7

x-Tampa Bay at Washington, 12:30 p.m.

Monday, May 9

x-Washington at Tampa Bay, TBA

Wednesday, May 11

x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON

Saturday's result

Boston 7 Philadelphia 3

Monday's game

Boston at Philadelphia, 7:30 p.m.

Wednesday's game

Philadelphia at Boston, 7 p.m.

Friday's game

Philadelphia at Boston, 8 p.m.

Sunday, May 8

x-Boston at Philadelphia, 3 p.m.

Tuesday, May 10

x-Philadelphia at Boston, TBA

Thursday, May 12

x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

(Series tied 1-1)

Saturday's result

Nashville 2 Vancouver 1 (2OT)

Tomorrow's game

Vancouver at Nashville, 9 p.m.

Thursday's game

Vancouver at Nashville, 8:30 p.m.

Saturday, May 7

x-Nashville at Vancouver, 8 p.m.

Monday, May 9

x-Vancouver at Nashville, TBA

Wednesday, May 11

x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT

(San Jose leads 2-0)

Sunday's result

San Jose 2 Detroit 1

Wednesday's result

San Jose at Detroit, 8 p.m.

Friday's result

San Jose at Detroit, 7 p.m.

Sunday, May 8

x-Detroit at San Jose, 8 p.m.

Tuesday, May 10

x-San Jose at Detroit, TBA

Thursday, May 12

x-Detroit at San Jose, TBA

x — if necessary.

SHARKS 2, RED WINGS 1

First Period

1. San Jose, I.White 1 (Heatley, Clowe) 4:54 (pp)

Penalties — Clowe SJ (roughing) 0:59, Abdelkader Det (high-sticking) 3:11, Ferriero SJ (double high-sticking) 6:23, Bertuzzi Det, Vlasic SJ (roughing) 16:08, Zetterberg Det (high-sticking) 17:27.

Second Period — No Scoring.

Penalties — Holmstrom Det (holding) 2:27, Pavelski SJ (interference) 3:29, Bertuzzi Det,

Eager SJ (roughing) 6:36, Eager SJ (misconduct) 8:37, Rafalski Det (delay of game) 9:33.

Third Period

2. San Jose, Wallin 1 (Clowe, Couture) 1:39

3. Detroit, Zetterberg 1 (Datsyuk, Holmstrom) 13:58 (pp)

Penalties — Thornton SJ (interference) 2:50, Holmstrom Det (roughing) 3:27, Setoguchi SJ (slashing) 13:22.

Shots

Detroit 12 9 13 —34
San Jose 7 19 11 —37

Goal — Detroit: Howard (L,4-2-0); San Jose: Niemi (W,5-2-0). **Power plays (goals-chances)**

— Detroit: 1-6; San Jose: 1-5.

Referees — Kevin Pollock, Kelly Sutherland.

Linesmen — Brad Lazarowich, Jay Sharrers.

Att. — 17,562 (17,562) at San Jose, Calif.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results

At Bratislava

Russia 6 Slovenia 4

Germany 4 Slovakia 3

At Kosice

Canada 9 France 1

Switzerland 4 Belarus 1

Saturday's results

At Bratislava

Finland 5 Denmark 1

Czech Republic 4 Latvia 2

At Kosice

U.S. 5 Austria 1

Norway 5 Sweden 4 (SO)

Today's games

All times Eastern

At Bratislava

Czech Republic vs. Denmark, 10:15 a.m.

Latvia vs. Finland, 2:15 p.m.

At Kosice

U.S. vs. Norway, 10:15 a.m.

Sweden vs. Austria, 2:15 p.m.

FIGURE SKATING

WORLD CHAMPIONSHIPS

At Moscow

Saturday

Women's Free Skating

1. Miki Ando, Japan, 130.21 points.

2. Kim Yu-na, South Korea, 128.59.

3. Carolina Kostner, Italy, 124.93.

12. Cynthia Phaneuf, Canada, 100.16.

18. Amelie Lacoste, Canada, 92.78.

Overall Standings

1. Miki Ando, Japan, 195.79 points.

2. Kim Yu-na, South Korea, 194.50.

3. Carolina Kostner, Italy, 184.68.

13. Cynthia Phaneuf, Canada, 152.78.

16. Amelie Lacoste, Canada, 144.76.

Ice Dance — Free Dance

1. Meryl Davis and Charlie White, United States, 111.51 points.

2. Tessa Virtue & Scott Moir, Canada, 107.50.

3. Maia Shibutani & Alex Shibutani, US, 96.91.

4. Kaithlyn Weaver & Andrew Poje, Cda., 95.25.

8. Vanessa Crone & Paul Poirier, Canada, 90.12.

Overall Standings

1. Meryl Davis & Charlie White, US, 185.27.

2. Tessa Virtue & Scott Moir, Canada, 181.79.

3. Maia Shibutani & Alex Shibutani, US, 163.79.

5. Kaithlyn Weaver & Andrew Poje, Cda., 160.32.

10. Vanessa Crone & Paul Poirier, Cda., 151.13.

LIGHTNING 3, CAPITALS 2 (OT)

First Period

1. Tampa Bay, Lecavalier 3 (St. Louis, Malone) 19:01 (pp)

Penalties — Knuble Wash (interference) 7:14, Downie TB (holding) 9:04, B.Jones TB (tripping) 12:11, Clark TB (cross-checking) 14:08, Ovechkin Wash (high-sticking) 17:56.

Second Period

2. Washington, Laich 1 (Backstrom, Erskine)

14:52

Penalties — Malone TB (high-sticking) 1:33, Bergeron TB (hooking) 4:17, Green Wash (roughing) 6:02, Bergenheim TB (hooking) 11:00, Schultz Wash (holding) 15:28.

Third Period

3. Tampa Bay, St. Louis 5 (Purcell) 7:35

4. Washington, Ovechkin 4 (Arnott, Laich)

18:52

Penalty — Green Wash (roughing) 8:32.

First Overtime

5. Tampa Bay, Lecavalier 4 (Purcell, R.Jones)

6:19

Penalties — None.

Shots on goal by

Tampa Bay 6 3 11 3 —23
Washington 11 16 5 5 —37

Goal — Tampa Bay: Roloson (W,6-3-0); Wash- ington: Neuvirth (L,4-3-0).

Power plays (goals-chances) — Tampa Bay: 1-5; Washington: 0-6.

Referees — Chris Lee, Tim Peel. **Linesmen** — Scott Driscoll, Brad Kovachik.

Attendance — 18,398 (18,398).

TENNIS

ATP-WTA

ESTORIL OPEN

At Oeiras, Portugal

Men's Singles — Final

Juan Martin del Potro (8), Argentina, def. Fernando Verdasco (2), Spain, 6-2, 6-2.

Men's Singles — Quarter-finals

Fernando Verdasco (2), Spain, def. Kevin Anderson (7), South Africa, 6-7 (2), 6-2, 6-3.

Milos Raonic (5), Canada, def. Gilles Simon (4), France, 7-6 (4), 4-6, 6-3.

Men's Singles — Semi-finals

Juan Martin del Potro (8), Argentina, def. Pablo Cuevas, Uruguay, 6-2, 7-6 (6).

Fernando Verdasco (2), Spain, def. Milos Raonic (5), Canada, 6-4, 0-0, retired.

Women's Final

Anabel Medina Garrigues, Spain, def. Kristina Barrois, Germany, 6-1, 6-2.

ATP

BMW OPEN

At Munich

Singles — Final

Nikolay Davydenko (7), Russia, def. Florian Mayer (5), Germany, 6-3, 3-6, 6-1.

Doubles — Semi-finals

Andreas Beck and Christopher Kas, Germany, def. James Cerretani, U.S., and Adil Shamasdin, Pickering, Ont., 6-4, 6-3.

SERBIA OPEN

At Belgrade, Serbia

Singles — Final

Novak Djokovic (1), Serbia, def. Feliciano Lopez, Spain, 7-6 (4), 6-2.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	16	9	.640	—
Tampa Bay	15	13	.536	2½
Baltimore	13	13	.500	3½
Toronto	13	15	.464	4½
Boston	12	15	.444	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	16	.429	7½
Chicago	10	19	.345	10
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	12	.571	—
Texas	16	12	.571	—
Oakland	14	14	.500	2
Seattle	13	16	.448	3½

Yesterday's results

N.Y. Yankees 5 Toronto 2
Baltimore 6 Chicago White Sox 4

L.A. Angels 6 Tampa Bay 5

Oakland 7 Texas 2

Cleveland 5 Detroit 4

Kansas City 10 Minnesota 3

Boston 3 Seattle 2

Saturday's results

N.Y. Yankees 5 Toronto 4
Seattle 2 Boston 0

Baltimore 6 Chicago White Sox 2
Tampa Bay 2 L.A. Angels 1 (10 innings)

Texas 11 Oakland 2
Cleveland 3 Detroit 2 (13 innings)

Kansas City 11 Minnesota 2
Today's games

All times Eastern
Texas (Holland 3-1) at Oakland (McCarthy 1-

2), 3:35 p.m.
N.Y. Yankees (Colon 2-1) at Detroit (Verlander

2-3), 7:05 p.m.
L.A. Angels (Weaver 6-0) at Boston

(C.Buchholz 1-3), 7:10 p.m.
Baltimore (Guthrie 1-3) at Chicago White Sox

(Buehrle 1-3), 8:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION

Yesterday's result

Toronto 10 Rochester 8

Saturday's result

Buffalo 11 Boston 10

WEST DIVISION

Saturday's results

Calgary 10 Colorado 6

Washington 14 Minnesota 8

DIVISIONAL FINALS

Saturday, May 7

EAST DIVISION

Toronto at Buffalo, 7:30 p.m.

WEST DIVISION

Washington at Calgary, 9:30 p.m.

CHAMPIONSHIP

Champions Cup

East vs. West champions, TBA

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	18	8	.692	—
Florida	17	9	.654	1
Atlanta	14	15	.483	5½
Washington	13	14	.481	5½
New York	11	16	.407	7½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	12	.571	—
Cincinnati	14	14	.500	2
Milwaukee	13	14	.481	2½
Pittsburgh	13	15	.464	3
Chicago	12	15	.444	3½
Houston	11	17	.393	5

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	14	.481	4½
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Yesterday's results

San Diego 7 L.A. Dodgers 0

Washington 5 San Francisco 2

Atlanta 6 St. Louis 5

Houston 5 Milwaukee 0

Pittsburgh 8 Colorado 4

Arizona 4 Chicago Cubs 3

Florida 9 Cincinnati 5

N.Y. Mets at Philadelphia

Saturday's results

Philadelphia 2 N.Y. Mets 1

St. Louis 3 Atlanta 2

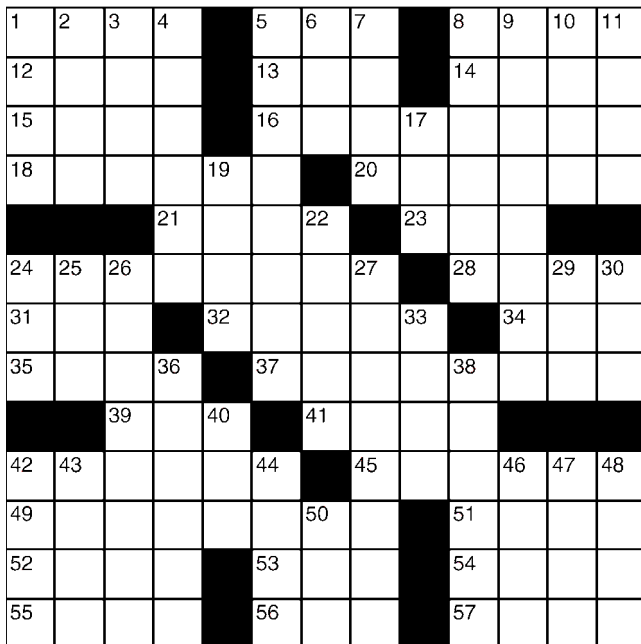
Crossword

Across

- 1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Cornical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

- 1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker



- 8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president
throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favorite year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Know I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

Today's horoscope

♈ **Aries** March 21-April 20 A creative project is now at a crossroads.
♉ **Taurus** April 21-May 21 Your workload will increase dramatically over the next few days.
♊ **Gemini** May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.
♋ **Cancer** June 22-July 22 If you force yourself to do something when your heart isn't in it's unlikely you will make a very good job of it.

♌ **Leo** July 23-Aug. 23 If you push yourself hard today chances are it will pay off in a big way.
♍ **Virgo** Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.
♎ **Libra** Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.
♏ **Scorpio** Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?
♑ **Capricorn** Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.
♒ **Aquarius** Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world
♓ **Pisces** Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

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Caption contest

"Boy, this smells worse than when I put my foot in there!"

ERIN



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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• km: 94029



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• st: 31922
• km: 101028



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Bi-weekly

07 Volvo S40

• Load, A/C, Auto
• st: 31705
• km: 87043



\$15,870
\$145***
Bi-weekly

09 Avenger

• Load, A/C, Auto
• st: 31736
• km: 81762



\$10,650
\$86***
Bi-weekly

10 Toyota Corolla LE

• Load, A/C, Auto
• st: 29489
• km: 30257



\$16,850
\$136***
Bi-weekly

07 Ford F-150

• Load, A/C, Auto
• st: 31013
• km: 66106



\$17,420
\$159***
Bi-weekly

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\$10,000

10 Mustang Convert

• Load, A/C, Auto
• st: 31839
• km: 53533



\$23,850
\$185***
Bi-weekly

06 Nissan X-Trail XE

• Load, A/C, Auto
• st: 31854
• km: 73849



\$11,650
\$123***
Bi-weekly

07 Calibre SXT

• Load, A/C
• st: 31400
• km: 102118



\$8,940
\$81***
Bi-weekly

06 Altima 2.5 SE

• Load, A/C, Auto
• st: 29819
• km: 91691



\$9,960
\$105***
Bi-weekly

07 Mazda3

• Std
• st: 31854
• km: 74418



\$8,470
\$77***
Bi-weekly

08 Saturn Astra EX

• Load, A/C, Std
• st: 31916
• km: 31337



\$9,980
\$91***
Bi-weekly

08 Liberty Trail Rated

• 4WD, Load, A/C, Auto
• st: 11146-A
• km: 42002



\$16,950
\$159***
Bi-weekly

07 Cadillac CTS

• Load, Roof, Lthr, Auto
• st: 31861
• km: 65248



\$17,840
\$162***
Bi-weekly

07 Nissan Versa

• Load, A/C, Std
• st: 31829
• km: 69640



\$9,370
\$85***
Bi-weekly

07 Compass Sport

• Load, A/C
• st: 31709
• km: 94154



\$9,950
\$91***
Bi-weekly

09 PT-Cruiser

• Load, A/C, Auto
• st: 31806
• km: 65742



\$8,950
\$72***
Bi-weekly

08 Pontiac G5 Coupe

• A/C, Auto
• st: 31249
• km: 68951



\$8,650
\$79***
Bi-weekly

08 Ford Escape XLT

• Load, A/C, Auto
• st: 11032-A
• km: 55221



\$14,840
\$135***
Bi-weekly

07 Accord SE

• A/C, Std
• st: 31926
• km: 88855



\$12,740
\$116***
Bi-weekly

07 Sebring

• Load, A/C
• st: 31515
• km: 86262



\$9,680
\$88***
Bi-weekly

07 Ford Focus SE

• Load, A/C
• st: 31662
• km: 78401



\$6,980
\$64***
Bi-weekly

06 Sportage LX

• AWD, Load, A/C
• st: 31281
• km: 109845



\$9,980
\$105***
Bi-weekly

07 Montana SV6

• Load, A/C
• st: 31570
• km: 94151



\$9,370
\$85***
Bi-weekly

08 Sienna LE

• Load, A/C, Auto
• st: 29575
• km: 71184



\$19,950
\$182***
Bi-weekly

07 Lincoln MKZ

• AWD, Load, NAV, Roof, Lthr
• st: 31917
• km: 53353



\$19,870
\$181***
Bi-weekly

07 Mazda5 GS

• Load, A/C
• st: 31628
• km: 113646



\$9,410
\$86***
Bi-weekly

08 Elantra

• Std
• st: 31585
• km: 87573



\$7,380
\$67***
Bi-weekly

07 Uplander LS

• Load, A/C
• st: 31512
• km: 90245



\$9,650
\$88***
Bi-weekly

07 Toyota Yaris

• Auto
• st: 31909
• km: 84941



\$8,350
\$76***
Bi-weekly

09 Mini Cooper

• Load, A/C, Roof, Std
• st: 31838
• km: 73289



\$21,840
\$169***
Bi-weekly

07 Mazda CX-7 GS

• AWD, Load, A/C, Auto
• st: 29811
• km: 67352



\$15,840
\$144***
Bi-weekly

07 Ford Ranger Sport

• Load, A/C, Auto
• st: 31421
• km: 66452



\$11,850
\$108***
Bi-weekly

10 Matrix

• Load, A/C, Auto
• st: 31045
• km: 44910



\$15,940
\$129***
Bi-weekly

07 Freestyle SEL

• Load, A/C, Auto
• st: 31952
• km: 85238



\$13,840
\$126***
Bi-weekly

09 Sentra Xtronic CVT

• Load, A/C, Auto
• st: 31818
• km: 67230



\$10,950
\$89***
Bi-weekly

06 Acura CSX

• Load, A/C, Auto
• st: 31270
• km: 90689



\$12,980
\$137***
Bi-weekly

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